

# UCI Wellness

## THE REST AND REVIVE CHALLENGE

### WEEK 1: TAKE A BREAK

Want to improve your emotional health?  
Take a break!

We want to help every employee at UCI reduce stress and improve his or her emotional health. One way we can all become more emotionally healthy is by taking a break once in a while. That's why we're launching the Rest and Revive Take a Break Challenge – so you can experience the benefits of taking 10 minutes and getting some headspace.

The Take a Break Challenge will be going on from July 10 to August 18. It's fun. It's important. It will teach you how to become more aware of your emotional health and issues like sleep and stress. And you just might win a prize by participating. Plus, who doesn't like breaks?

#### Here's how it works:

1. Download and review the [Take a Break Challenge Log](#) which includes a sample activity list.
2. Take one 10-minute break three times each workweek.
3. Try one activity from each of the categories each week.
4. Record your activities and break times on the challenge log.
5. At the end of the challenge, submit your log totals to be entered in a drawing for a raffle prize.

It's that easy.

In addition, be on the lookout each week for emails including helpful resources and tips on ways to improve your emotional health.



### THIS WEEK'S WEBINAR

- [Hobbies for Mental and Physical Health](#)



### THIS WEEK'S TIP

- [Take a Break](#)



### ADDITIONAL RESOURCES

- [Helpful Apps and Tools](#)
- [Zot! Stretches](#)
- [Challenge Participant Offerings](#)



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